

# Jim Rooney



TripleSpin Training Philosophy

# Biomechanics Overview

- Start Phase

balance and hand separation

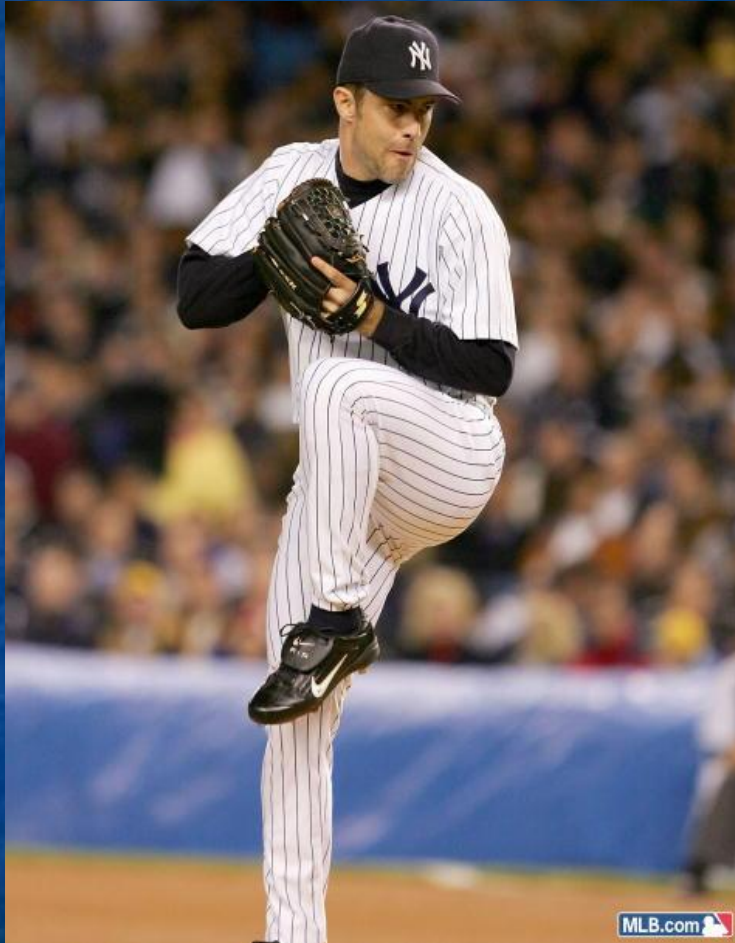
- Middle Phase

upper body acceleration and arm slot

- Finish Phase

release out front and follow through, hip release

# Balance over rubber



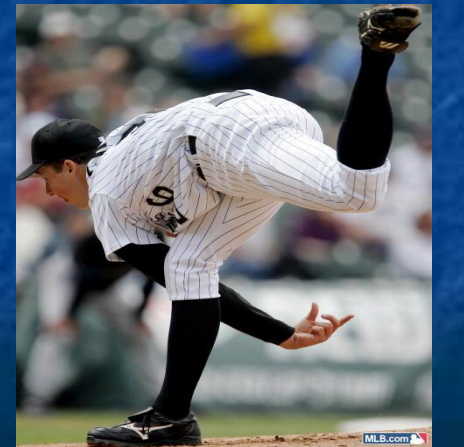
# Hand separation



# Balance, direction, upper body acceleration and arm slot



# Release out front and follow through



# Triple Spin Mechanics

- *Amplification and efficiency of the rotational forces as a result of stability in the foundation and the proper rhythmic fluidity thru acceleration and de-acceleration.*

- A) Basic Overview of Components

- 1) 3 rotational forces

- a) hip turn
- b) shoulder turn
- c) arm swing or path

- 2) 2 platforms or foundations

- a) lower body (hips to feet)
- b) scapula



## ■ B) Theory

- 1) Linear vectors (muscles) create one directional force (line of pull).
- 2) Combinations of linear vectors create rotational forces.
- 3) Creates the 3 rotational forces around 2 platforms.

- C) The Goal

- 1) To create a flow of energy through the kinetic chain that has the 3 rotational forces working in combination and unison (rolling out the carpet) to create an amplified resultant force applied to the baseball in a linear plane.

## ■ D) The Application

- 1) Strengthen and stabilize the platforms.
  - a) Lower body
    - 1) Closed chain kinetic strengthening
    - 2) Core
    - 3) Strength and balance in core with proper levels of abdomen to lower back strength.
  - c) Scapula
    - 1) Scapula strength and stability work.
    - 2) Scapula rhythm and proper movement patterns.
    - 3) Rotator cuff maintenance

- 2) Rotational movements (forces)
  - a) Stable platforms allow a proper foundation to give direction and increased efficiency to the rotational forces. The platforms provide the base (fulcrum) for the rotational forces to flow and amplify from the hip turn to the shoulder turn to the arm path resulting in maximum efficiency of the combined forces to be applied to the ball in a linear direction to home plate (the target). Any displacement of the 3 forces results in a negative contribution and an area where the kinetic chain is broken. This not only takes away from the force applied to the ball but creates an additional stress to the body and eventually the possibility for increased injury risk.
  - b) The force created but not transferred to the ball then has to be re-absorbed by the body. If not re-absorbed in a reverse kinetic chain reaction similar to what produced the force in the opposite direction, there is an increased risk of injury where the chain was broken.
  - c) What we produce has to be applied to the ball with smooth rhythmic fluidity and the excess force must be re-absorbed in the same smooth fluidity in reverse order back thru the chain.

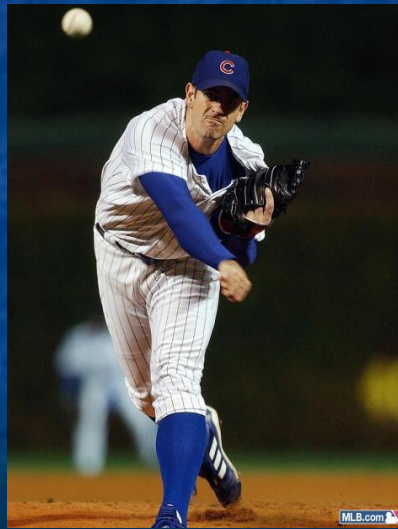
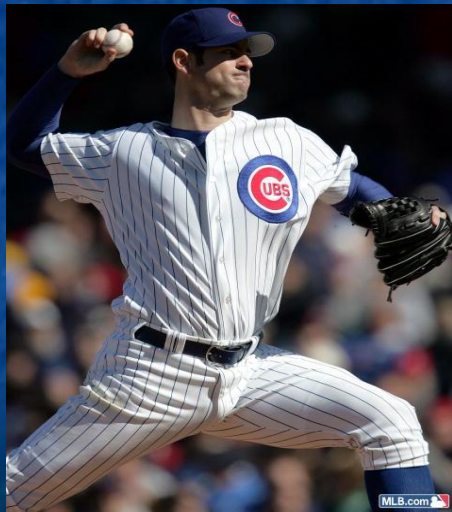
## ■ E) The Result

- 1) You can observe in the efficient triple spin mechanics a smooth fluid unfolding of the delivery resulting in a efficient transfer of energy, followed by the follow through which keeps good balance so as to re-absorb what energy (force) that was not used. Ex. Analogy - rolling out a carpet with smooth but ever increasing speed and then rolling the carpet back up with the same smooth fluidity.
- 2) Hip turn with stride foot low to the ground, followed by shoulder turn (shoulders should be at neutral or positive horizontal adduction when front hip opens) followed by arm acceleration and arm path out front. Then ball release followed by back hip release and finish.

- *Amplification and efficiency of the rotational forces as a result of stability in the foundation and the proper rhythmic fluidity thru acceleration and de-acceleration.*

# Problem areas

- Rushing and jumping off rubber
- Late hand separation over rubber
- Direction to plate – shoulder turn
- Balance and direction in foundation
- “Praying mantis” syndrome
- Front post with center of gravity locked behind front hip
- Lack of finish and back hip release out front





# Pitching Philosophy

## Preparation – Focus – Relaxed Execution

- Sound delivery with repetition of release point.
- Command of baseball down in the zone.
  - Early count execution.
  - In/out, front/back and up/down.
  - Ability to throw secondary pitches in early counts and FB counts.
  - Aggressive quality pitches with 2 strikes.
- Solid fundamentals in all PFP.
- Understand and control the running game.
- Fundamentally sound game preparation.

# Teaching Philosophy

- Leadership
  - Motivation
  - Positive expectancy
  - Challenges
- Teaching
  - Big Picture
    - Developing a feel for repetitive movement patterns
    - Understanding and comprehension

# Summary

- The goal of our program is to create an athletic pitcher with good balance and rhythm who can repeat his delivery, arm slot and release point.
- Our progression through the throwing program and the conditioning program is a gradual progression focusing on the athleticism, agility, balance, rhythm and body control. Rotator cuff and scapular strengthening are also key components of the program.
- As in all our training modules, sub maximal intensity levels are used. In our throwing program and bullpen sessions, sub-maximal 70-80% effort level is used. We are attempting to create a training environment where we can use the repetitive nature of sub maximal training to maximize the amount of time we have in all our throwing and exercise programs. We are looking to improve athleticism and body control to allow us the ability to improve mechanics and arm actions with a higher ratio of success.

- Our goals can only be accomplished through gradual monitored progression and the cooperation and communication of manager, pitching coach, athletic trainer and strength coach along with building a positive supportive relationship with each pitcher and the continued attention to detail of each instructor.
- Commanding the baseball down in the zone, long term successful performance and continued health are then the subsequent rewards of the program that we successfully implement.
- All goals and rewards that are acquired are a result of the hard work and the dedication it takes to improve and move ahead in a positive, productive manner.